

# Swim Lessons

## Progressive Swim Lesson Levels

Progressive lessons are for children 5 years old & up. Children must pass current level to move on to the next level based on skills below.

### **Minnows:**

Pool rules, Warm-up swims, 5 bobs, Jump into the shallow end and swim to the side safely, Jump in with help from teacher, Swim ½ lap of the pool, Swim with a bubble/barbell & noodle, Kick with pointed feet.

### **Tigerfish:**

Jump in the deep end, Swim 1 lap of the pool, Swim 1 lap with a bubble/barbell & noodle, Front float & Back float, 10 bobs.

### **Stingrays:**

Sit-dive, Swim 2 laps of the pool, Basic reaching assist, 15 bobs, Kick on back with pointed feet.

### **Marlins:**

Kneeling dive, Tread water for 1 minute, Survival float for 1 minute, Kick (1) lap streamline position with straight legs on back & on front, One lap rhythmic breathing with a barbell with proper arms, Roll back to front & front to back, Coordinate arms and legs to do the backstroke, Have the strength to swim backstroke.

### **Barracudas:**

Standing dive, surface dive, tread water for 2 minutes, survival float for 2 minutes, backstroke/crawl stroke/ sidestroke/breaststroke & butterfly two laps of the pool each.

### **Dragonfish:**

Standing shallow dive, tread water for 3 minutes, survival float for 3 minutes, perform basic rescue tube skills, swim crawl/backstroke/breaststroke and butterfly for two laps, Coordinated the breaststroke and the butterfly.

## Progressive Swim Lessons

Progressive swim classes are for children **5 years and older**. Descriptions show what each student will learn and must accomplish to pass that level and move onto the next level. In order to register for a particular level, the student must be able to do all the skills in the prior levels. Each session runs 8 classes, limit 8 per class. Classes are held at JFK Middle School Pool.

**Fee:** \$30.00 Residents / \$37.50 Non-Residents

### **Fridays, October 8 - December 3** *no class on 11/26*

#### **5:35 – 6:05 PM**

Minnows: 3603.0651.103  
Tigerfish: 3603.0651.108

#### **6:10 – 6 :40 PM**

Minnows: 3603.0651.104  
Stingrays: 3603.0651.112

#### **6:45 – 7:15 PM**

Tigerfish: 3603.0651.109  
Marlins: 3603.0651.116

#### **7:20 – 7:50 PM**

Stingrays: 3603.0651.113  
Barracuda/Dragonfish: 3603.0651.118

### **Saturdays, October 9 – December 4** *no class on 11/27*

#### **10:10 – 10:40 AM**

Minnows: 3603.0651.105  
Tigerfish: 3603.0651.110

#### **10:45 – 11:15 AM**

Minnows: 3603.0651.106  
Stingrays: 3603.0651.114

#### **11:20 – 11:50 AM**

Tigerfish: 3603.0651.111  
Marlins: 3603.0651.117

#### **11:55 – 12:25 PM**

Minnows: 3603.0651.107  
Stingrays: 3603.0651.115

## **Guppies** Preschool Swim Lessons 3 & 4 year olds

Children will learn pool rules, how to enter and exit the pool safely, general water safety, water adjustment and basic swim strokes. **Please Note:** that this class is not a parent-child class. Limit 12 per class. Class is held at the JFK Middle School Pool.

Saturdays, October 9 – December 4 *no class on 11/27*  
9:35 - 10:05 AM

\$30.00 Residents / \$37.50 Non-Residents  
Activity Number: 3602.0651.102

## **Waterbabies** 6-36 months

A great class to introduce your little one to the water. Participants will learn water awareness and develop a comfort level in and around water using toys and songs. Parents must accompany their child into the pool. **Please Note:** Swim diapers must be worn in the pool. Limit 20 per class. Class is held at the JFK Middle School Pool.

Saturdays, October 9 – December 4 *no class on 11/27*  
9:00 – 9:30 AM

\$30.00 Residents / \$37.50 Non-Residents  
Activity Number: 3602.0651.101

# Open Swim Information

## **Open Swim Information** *JFK Middle School Pool*

The Enfield Recreation Department offers open swim hours at the John F. Kennedy Middle School pool on Saturday afternoons from 1:00 - 3:00 PM. The pool is staffed by Red Cross Certified Lifeguards. Children 10 years old and younger must be accompanied by someone 16 years or older. No more than 3 children per adult. Daily fees apply.

**Dates:** Saturdays, October 9 – December 4 *pool closed on 11/27*

**Daily Fees:**

**Youth:** \$0.50 Residents / \$1.00 Non-Residents

**Adult:** \$1.00 Residents / \$1.50 Non-Residents

**Family:** \$2.00 Residents / \$2.50 Non-Residents

**Recreation...the benefits are endless!**

Enfield Recreation Department  
19 North Main Street  
Enfield, CT 06082

860.253.6420

Please see the Fall Registration Information page for complete registration information including our withdrawal policy. Registration forms can be found on the Recreation Department's homepage under the general information heading.